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Bangalore Mirror

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Amid water crisis, state of roadside borewell and drain, 'abandoned by civic body', poses critical questions

THE WATER BENDER

Bent handle of borewell, location cast doubts on maintenance

| Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

The Bruhat Bengaluru Mahanagara Palike (BBMP) has decided to dig around 60 borewells to mitigate drinking water shortages at different locations in the city.

It may be spending more than one crore rupees for digging these borewells. The BBMP's decision deserves appreciation because it is aimed at providing drinking water in areas where there is acute shortage of drinking water.

However, when it comes to maintenance of existing borewells, the BBMP engineers have to go a long way to spend taxpayers' money prudently. For example, the BBMP has abandoned a borewell near the Bescom office at Babusapalya.

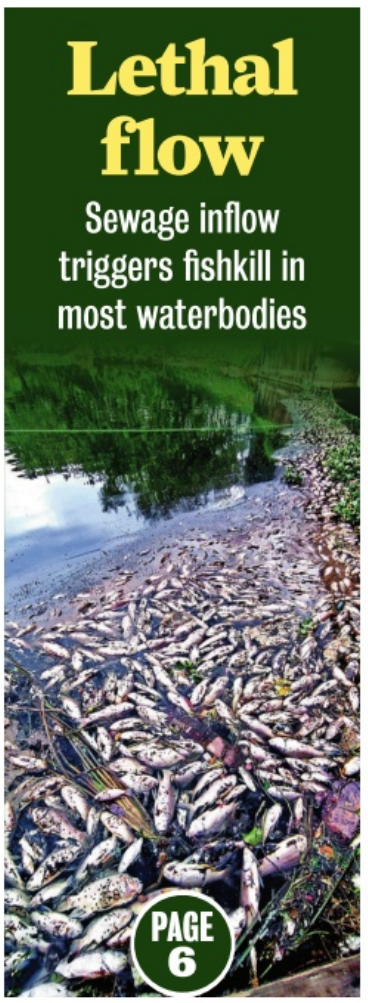
It seems there is no coordination between the BBMP engineers who are in-charge of digging the borewell and the engineer in-charge of developing roadside drain.

CONTINUED ON PAGE 6 »

"They did not even think whether the borewell was needed at the location or not
— V Purushotham, Ulsoor Rising

Lethal flow

Sewage inflow triggers fishkill in most waterbodies



PAGE 6

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	Next level technology & Connectivity: Sounds of nature	✓	✗	✗
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	Next level technology & Connectivity: Firmware Over-the-Air (FOTA) update	✓	✗	✓
U	Uncompromised Safety: Cornering lamps	✓	✗	✗
	Uncompromised Safety: Brake Assist System (BAS)	✓	✗	✗
	Uncompromised Safety: Vehicle Stability Management (VSM)	✓	✗	✗
	Uncompromised Safety: Telematics switches (SOS, RSA & Bluelink)	✓	✗	✗
	Uncompromised Safety: Automatic headlamps with escort function	✓	✗	✓
	Uncompromised Safety: Speed sensing auto door lock	✓	✗	✓
	Uncompromised Safety: Tyre pressure monitoring system (Highline)	✓	✗	✓
	Uncompromised Safety: Impact sensing auto door unlock	✓	✓	✗
	Uncompromised Safety: Level 1 ADAS	✓	✗	✗
E	Exciting Performance: Diesel Engine Advantage	✓	✗	✓
	Exciting Performance: 7-Speed DCT	✓	✗	✓
	Exciting Performance: Paddle shifters	✓	✗	✓
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3 THINGS TO DO

01 The loop of laughter

Daniel Sloss, renowned for shows like 'HUBRiS' and 'X', will explore a variety of topics including fatherhood and 'cancel culture' during his performances. With 12 solo shows under his belt, Daniel's dynamic performances address important social issues alongside delivering top-notch comedy. This tour marks India's biggest comedy event by an international artist, promising a laugh riot across the nation. 'The Loop' by DeadAnt Live aims to deliver unparalleled live comedy experiences for audiences. **When- March 17 Where- St John's College Auditorium, 2.30 pm and 7 pm**

02 Tarot time

In celebration of Women's Day, PIJJA invites you to a magical "Tarot Card Session." Experience delicious bites, delightful company, and the enigmatic Sanjana Shenoy, a renowned tarot reader, Reiki healer, and clairvoyant.
When: March 17, 4 pm to 8 pm
Where- PIJJA, New Thippasandra

03 Sunday sundowner

Join in for an electrifying Sunday evening, featuring a lineup of talented international and local artists including Arnova, Young Marco, Bakey & Breka. Don't miss out on this opportunity to experience a month of unforgettable moments! **When- March 17, 3 pm onwards; Where- Koramangala SOCIAL**

Eye check alert: Vision concerns surge post covid

Gadget overload blamed as digital age takes toll on young eyes; early detection vital, say doctors

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There has been an uptick in cases related to squint eyes among children in the post-Covid period. This onset of squint eyes is predominantly seen among children aged between 4-15 years. The rise in the occurrence of squint eyes in children can be linked to visual stress caused by excessive gadget usage.

Squint eyes, also known as Strabismus, is a condition where both your eyes do not look together in the same direction. If left untreated, a squint eye can lead to amblyopia, a condition where the brain suppresses the vision in one eye, causing permanent visual impairment in the squinting eye. Early intervention is crucial to prevent long-term consequences.

Dr Ashwin Santosh Shetty, Consultant, Ophthalmology, Aster CMI Hospital, explained that there are two types of squints, one is the transient squint. "These may occur at birth but usually disappear within the first 2-3 months. The other is the persistent squint that persists beyond 2-3 months, it's important to have it evaluated by an eye doctor. Early intervention, especially before age 7, is crucial for proper visual development as we are seeing cases of squint eyes among young children."

Dr Vidhya C, Consultant, Paediatric Ophthalmology, Sankara Eye Hospital, has observed a 30 per cent rise over the past 2-3 years, with some of them even having to be surgically corrected. "The increased reliance on digital devices and the prevalence of post-Covid digital addiction have contributed to this trend," she said.

Symptoms of squint eye

- Misalignment of the eyes. Double vision: Seeing two images instead of one.
- Amblyopia (Lazy Eye): The brain favours one eye over the other, leading to reduced vision in the squinting eye.
- Eye fatigue: Struggling to focus, especially during activities that require concentration.
- Head Tilting: Tilting the head to align the eyes and improve vision.

"The increased reliance on digital devices and the prevalence of post-Covid digital addiction have contributed to this trend – Dr Vidhya C, Consultant, Paediatric Ophthalmology, Sankara Eye Hospital

One-year-old Karthik's (name changed) parents reached out to Sankara Eye Hospital observing a squint in his right eye. On thorough examination, a tumour was discovered in his right eye, necessitating urgent surgery and chemotherapy to ensure the child's well-being. So squint, if present, need to be attended immediately.

Dr Vidhya added, "However, not every squint necessitates surgical correction. Some types of squints can be addressed solely with the use of glasses. For instance, Anikh (name changed), a three-year-old, exhibited a squint for approximately six months before his parents approached us. On examination, he was found to have a high power of +4 in both eyes. We recommended glasses, and over the next few months, the squint spontaneously corrected itself. The glasses proved sufficient to align the child's eyes properly." The ophthalmologists pointed out that it is essential to get treatment for squint and the patient needs to seek advice from an ophthalmologist. The treatment can be given in the form of glasses, exercises, vision therapy or surgery depending on the findings.

Board exams for grades 5, 8 & 9 deferred again

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The assessment exams for students in grades 5, 8, and 9 have once again been postponed due to a stay granted by the Supreme Court. This delay is the result of a case filed regarding the evaluation of Summative Assessment-2 (SA-2) for the academic year 2023-24, specifically concerning students of classes 8 and 9 in government, aided, and unaided schools following the state curriculum.

Initially, notifications dated October 6, 2023, and October 9, 2023, regarding the evaluation of SA-2, were challenged in a single-member bench of the High Court, which stayed the exams. However, the government challenged this decision before the division bench the next day, which issued an interim order permitting the education department to continue with the assessment tests. The interim order instructed the continuation of the assessment work for Summative Assessment-2 (SA-2) for students of classes 5, 8, and 9, starting from March 11, 2024. However, subsequent challenges were raised against this interim judgment in the Supreme Court.

Following the Supreme Court's directive, assessment exams scheduled for March 13, 2024, have been postponed. The Commissioner of the School Education Department has asked the schools to comply with the directive until the legal proceedings are concluded and further instructions are issued.

Reacting to this, educationist VP Niranjan Aradhya stated, "We welcome the Supreme Court's

decision to uphold Fundamental Right 21A of the Constitution and Section 30 of the Right to Education Act. This decision puts a halt to the government's unlawful attempt to conduct board exams for Class 5 and 8 students."

Aradhya further emphasised the significance of the Right to Education Act, saying, "The Right to Education Act, enacted in 2009 and implemented in 2010, mandates continuous and comprehensive evaluation, as stipulated in Rule 23 formulated by the Central Government in 2010." "Furthermore, Section 30 of the Act explicitly prohibits the imposition of any board examination on children until they complete elementary education. According to the Act, examinations are meant to be continuous and comprehensive assessments, with formative and summative tests conducted at the school level providing ample data for evaluating children's learning progress," Aradhya said.

"Thankfully, the Supreme Court upheld children's right to education and affirmed the importance of continuous and comprehensive evaluation. The results of children's assessments at the school level should suffice for planning the upcoming academic year, without the need for unnecessary board exams," Aradhya added.

A precious gift of life

From 1998 when medical student's family decided to donate her kidney after her untimely death, Manipal Hospitals has been carrying out kidney transplants at subsided rates, now the hospital uses cutting-edge technology to minimise invasive treatment using robots

Manipal Hospitals hosted a special event with dual significance, focusing on the importance of kidney health while celebrating the resilience and strength of women today. The event, which combined both International Women's Day and World Kidney Day, served as a tribute to the late Usha Gowri, whose parents decided to keep her legacy alive through the selfless decision to donate her organs. The event was graced by **Dinesh Gundu Rao**, Health and Family Welfare Minister of Karnataka, **Tejasvi Surya**, Member of Parliament, Lok Sabha, Bengaluru South, and **Dr Sudarshan Ballal**, Chairman – Manipal Hospitals.

Usha Gowri, a promising medical student aged 21, lost her life on January 26, 1998, in a tragic accident near Mekhri Circle. Despite the profound grief, her family chose to donate her kidney after she was declared to be brain dead, making Usha Gowri, the first cadaver kidney donor in Karnataka under the Human Organ and Tissue Transplant Act. Their gesture marked the inception of the cadaver kidney transplantation at Manipal Hospital Old Airport Road. Moved by the selfless act, **Dr Sudarshan Ballal**, Chairman, Manipal Hospitals, declared the day as 'Usha's Day' and has been carrying out kidney transplants at a subsidised cost every month, starting from March 1998.

Usha's father, Seeta Ram narrated the ordeal that took place 25 years ago and said that he had only informed his wife's sister regarding the sensitive matter when he had begun to investigate the possibilities of being able to donate her organs. While the doctor he had initially contacted had suggested that he could only harvest Usha's eyes, Seeta Ram was then put in touch with **Dr Sudarshan Ballal**. While the decision was big and came only after a prolonged dilemma, Seeta Ram said that it significantly helped him grieve over the death of Usha, as it had helped those who were alive and seeking medical interventions. "Everytime I look at a person, I think that it may be my daughter's eyes that are looking into me. It feels like my daughter is seeing me," he said. He recalled memories of climbing the Kodachadri hills with Usha when she was four. Nethravathi, Usha's mother, remembered the last time they celebrated the birthday of their daughter. "She was still pursuing MBBS when we celebrated her last birthday. She was hoping to do well in her final exams and receive gold medals. I think of this daily and feel sorrow due to her wish being unfulfilled," she said.

A robotic surgery offers many advantages over a traditional surgery as it is very minimally invasive. Due to smaller incisions, the road to recovery is faster when compared to conventional methods of surgery. The risk of infection is highly reduced and the loss of blood is significantly less, resulting in reduction of the pain experienced by a patient post-surgery. A patient will have a shorter stay at the hospital, rely less on narcotics before surgery and have minimal scarring.

Since 2019, Manipal Institute of Nephrology, Urology and Robotic Surgery across 12 Centres of Manipal Hospitals South has conducted a total of 741 kidney transplants, 60 ABO incompatible transplants, 22 paediatric transplants, 16 kidney transplants and five dual organ transplants so far. The team consists of 25 nephrologists and 35 urologists. More than 14,000 dialysis are conducted per month. Along with this, there are 35 ambulances for emergency services.

Dr Sudarshan Ballal has written a letter to **Tejasvi Surya**, Member of Parliament and as well as the Health and Family Welfare Minister **Dinesh Gundu Rao**, requesting to address the urgent need for cashless insurance coverages for robotic surgeries which would benefit patients in better prognosis and recovery post-surgery.

"We, at Manipal Hospitals, are equipped with state-of-the-art technologies in terms of both diagnostics and treatments, one of which is robotic surgery. The benefits of robotic assistance for patients are manifold as compared to the conventional approach. However, the limited insurance coverage for robotic surgery is a cause of concern across Karnataka. Currently, most insurance companies only offer partial coverage for these procedures, leaving a significant financial burden on patients. This limited coverage is a major deterrent for many who could otherwise benefit from this advanced surgical technique," the letter notes. Further, Dr Ballal explains that robotic surgery offers many advantages over traditional and laparoscopic surgery, including improved dexterity, visualisation and precision. He says that these benefits can translate into faster recovery times, less pain, less blood loss, and reduced risk of complications. But, due to the higher cost and limited insurance coverage without a cashless payment option associated with robotic surgery, many are forced to choose traditional methods and are deprived of the benefits of robotic surgery. "I request you to consider implementing policies that encourage cashless insurance coverage for robotic surgery. This could involve mandating a minimum coverage level for robotic surgery and cashless payments by insurance companies and encouraging them to offer more comprehensive coverage under health plans," the letter suggests.

Health and Family Welfare Minister, **Dinesh Gundu Rao** said, "A single organ donor has the potential to save eight lives and improve the health of more than 75 others. Usha's story is a beacon of hope and inspiration. Karnataka stands at the second place when it comes to organ donations in the nation. Despite this, we still have a massive need for organs. We must do away with the many myths surrounding organ donation and come forward to help those in need." He reacted positively to the request made by Dr Ballal, regarding insurance companies covering robotic surgeries.

While appreciating Usha's parents' selfless act, **Tejasvi Surya**, Member of Parliament for Bengaluru South also spoke on why insurance companies need to include robotic-assisted surgeries under cashless surgical treatment. He said, "It is the need of the hour to ensure that all patients are able to access healthcare treatments and patients that are beneficial to them. Robotics surgeries come at a steep cost and if insurers meet the demands of the healthcare industries to cover it under cashless payments in health plans, it will provide an impetus to financial coverage."

"Under the guidance of Dr. Ballal, Manipal Hospital Old Airport Road is renowned for providing the best care and high-end dialysis procedures. As the first to initiate the Diplomate of National Board (DNB) program, we have an active academic and research wing. With the highest number of DNB students specializing in nephrology training, we also perform complex transplants like dual organ and pediatric transplants, catering to special groups such as HIV-infected individuals."
– **Dr. Vishwanath S,** HOD and Consultant – Nephrology, Transplant Physician, Manipal Hospital Old Airport Road

"Compared to traditional surgery, robotic surgery offers numerous advantages due to its minimally invasive nature. Smaller incisions lead to faster recovery, reduced infection risks, and minimal blood loss, resulting in less post-surgery pain. Patients experience shorter hospital stays, require fewer narcotics, and have minimal scarring."
– **Dr. Deepak Dubey,** HOD and Consultant – Urology, Robotic Surgery, and Renal Transplantation, Manipal Hospital Old Airport Road

"Usha's parents displayed remarkable strength by selflessly allowing their daughter's organs to save another life. Usha became the hospital's first cadaver donor, paving the way for two additional lives to be saved. Her story exemplifies the invaluable role women play as selfless contributors in our lives."
– **Dr. Mohammed Fahad Khan,** Consultant – Nephrology, Transplant Physician, Manipal Hospital Old Airport Road

For more information:
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Feast ceased: Farewell to Frazer Town's Food Mela

Frazer Town's annual Ramzan food mela halted after residents protest

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Ramzan food mela 2023 (file photo)

In a significant development for the residents of Frazer Town, the annual food stall mela that accompanied the Ramzan festivities has been halted following persistent concerns raised by the Frazer Town Residents' Welfare Association (FTRWA).

The event, drawing thousands of visitors, faced opposition from residents who cited issues of nuisance, excessive waste, and parking problems. The FTRWA took a proactive stance, engaging with the Bruhat Bengaluru Mahanagara Palike (BBMP) and elected representatives to address the escalating concerns. Subsequently, the BBMP approved the residents' demands, explicitly prohibiting the setting up of temporary food stalls during the Ramzan festival. An official order from the BBMP health officer in Pulikeshi Nagar outlined the restrictions, emphasising the prohibition of vendors occupying footpaths and causing inconvenience to the public.

BBMP authorities, responding to the concerns raised by residents, issued notices to restaurants, reminding them to comply with the guidelines set by the BBMP, Law and Order Police, and other relevant departments. As part of the crackdown on encroachments, the BBMP has initiated efforts to clear footpaths and roads of any illegal stalls. Despite the prohibition, a few vendors attempted to encroach on footpaths on a Tuesday during Ramadan. Swift action from BBMP officials promptly evacuated the illegal stalls, reinforcing the municipality's commitment to enforcing the ban.

Md Farooq, Joint Secretary of FTRWA, expressed relief, stating, "There will be no 'Food Mela' in Frazer Town again as it was causing a lot of distress and inconvenience to the residents living in and around this area."

An official order from the BBMP health officer in Pulikeshi Nagar outlined the restrictions, emphasising the prohibition of vendors occupying footpaths and causing inconvenience to the public

The decision to cease the food mela came after collaborative efforts between FTRWA, the HSIS committee, and concerned residents. Farooq emphasised the residents' determination to end the disruption caused by illegal stalls, asserting that footpaths and roads in Frazer Town would no longer be encroached upon. With these measures in place, residents are now anticipating a peaceful Ramzan, free from the inconveniences and disturbances caused by the food mela.

Rapido to recall all e-bike taxis

Following K'taka's Electric Bike Taxi scheme being scrapped, Rapido aims to remove battery-operated vehicles from its fleet

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Following the scrapping of the Karnataka Electric Bike Taxi scheme, 2021, taxi-aggregator platform Rapido plans to recall all e-bike taxis running under their platform. According to Rapido, nearly 20 lakh rides are being operated per week within the bike taxi segment.

In an exclusive press meet, Rapido announced that they would be recalling their e-bike taxis from the road. "The Karnataka Electric Bike Taxi scheme, 2021, was scrapped on March 6. The scrapping of the policy only pertains to battery-operated vehicles. We applaud the Karnataka government for taking a significant step towards ride-sharing. We will be asking our bike taxi captains to convert (to petrol vehicles) or take necessary measures," said Pavan Guntupalli, Co-founder of Rapido.

Rapido further highlighted the recent advisory from the Ministry of Road Transport and Highways that states that under Section 2 (7) of the Motor Vehicle Act 1988, motorcycles are to be considered as contract carriage and stated its legality of operation. Currently, Rapido operates without any license as the existing Karnataka On-demand Transportation Technology Aggregators Rules, 2016, defines cabs as a motor cab having a seating capacity not exceeding six passengers excluding the driver with a public service permit on contract. However, The Karnataka High Court issued a stay order to Rapido in 2021 preventing the Karnataka government from taking coercive steps until the next date of hearing. The interim order issued has continued to be in force. However, the arguments of the advisory have called into question whether anyone can operate commercial bike taxis legally in Karnataka without needing a license.

While Rapido had applied for a grant of bike Aggregator's Licence to the Commissioner of Transport, it was rejected and the company was asked to apply for a grant of Aggregator's Licence before authority as specified in the Karnataka Electricity Bike Taxi Scheme 2021.

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Shock alert
Rajajinagar

An unaddressed electrical hazard in the heavily crowded footpath near the Metro cash and carry service gate, Dr Rajkumar Road, may pose a significant risk to the safety of pedestrians.

Garbage pile up
Kodihalli

This huge pile of garbage is seen right in front of the ISRO (liquid propulsion systems) gate on the 80ft road, raising a stink. It is not being cleared on a daily basis. In spite of the BBMP notice, people are still dumping garbage here.

Fix the drain
Victoria Layout

Drain work has not been completed for ten months, causing inconvenience to pedestrians at 6th Cross. Need immediate attention in completing pending work.

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City lakes turn death wish for fish

Survey reveals rise in number of fishkills; Kothanur Lake records 6 already; sewage said to be main cause

Between 2017 and 2023, Bengaluru witnessed as many as 61 fishkill incidents across multiple lakes. A detailed analysis of these incidents also shows that four lakes with multiple fishkills in the given period have exclusive Sewage Treatment Plants (STPs). These include Bhattarahalli, Munnekolala, Chelekere, and Iblur lakes.

The highest number of fishkills (6) was recorded at Kothanur lake, followed by five episodes at Haralur and three at Madiwala, Bhattarahalli, and Kundalahalli lakes.

"In 2023 alone, 20 episodes of fishkills were observed in 15 water bodies, with multiple incidents reported from Kothanur, Kundalahalli, and Bhattarahalli lakes. Out of the 15 water bodies, three lakes (Kothanur, Bhattarahalli, and Iblur) had a history of fishkill in 2022 as well. Our analysis also shows that the number of these incidents is only increasing annually," said Raghavendra B Pachhapur of ActionAid Association, the NGO that conducted the survey.

The water quality analysis of these lakes shows that sewage was the primary cause of all these incidents. Pachhapur said, "These lakes are situated around the 110 villages with no UGD (underground) connection, with two exceptions, Sankey Tank and Madiwala Tank. Our analysis also shows that nine out of the 15 lakes that recorded these incidents in 2023 had water quality under Class E for one to five months. This points to untreated sewage being the main reason behind fishkills in these lakes."

File photo of a fishkill incident at Haralur Lake in 2022

Experts say that lakes form an important part of the ecosystem, and any damage to the lake's biodiversity also impacts other ecosystems. Hence, it is important to look at the reasons behind fishkill episodes and implement strategies to prevent such episodes in the future.

The report highlights that as a custodian of lakes, Bruhat Bengaluru Mahanagara Palike (BBMP) is required to look beyond lake rejuvenation and coordinate with agencies such as Bangalore Water Supply and Sewerage Board (BWSSB) and Karnataka State Pollution Control Board (KSPCB) to ensure healthy water bodies. It further suggests that BBMP should also include rainwater harvesting in the detailed project reports of lake rejuvenation to improve water quality. Lake maintenance should focus on clearing sludge, solid waste, and plastic waste at the inlets. Before the monsoon, the civic agency must also ensure that sewage diversion channels are free from blockages.

"Other agencies, such as BWSSB and KSPCB should also pitch in to maintain healthy lake ecosystems. For instance, BWSSB should reassess UGD networks adjacent to the lakes to ensure that they are free of any obstructions.

Similarly, there is a need for the pollution control board to initiate systems and mechanisms to arrest pollution instead of limiting itself to monitoring water quality. The board must alert BBMP on the status of water quality and issue notices to these agencies in case of an increase in nutrient content or a drop in water quality. KSPCB should also conduct surprise water quality tests of STPs to ensure water entering the lakes is of a certain standard," added Pachhapur. **BMB**

Water crisis: BBMP to dig 60 borewells

CONTINUED FROM PAGE 1

It is quite the sight, and sign of festering apathy— the bent handle of the borewell and the location where the borewell was dug up.

"It is the result of lack of vision and commitment of BBMP engineers. They did not even think whether the borewell was needed at the location or not. It seems the BBMP engineer did not take measures to verify the availability of water at that particular location; the BBMP engineer would have followed the instruction of a local politician to dig the borewell at that particular location," said V Purushotham of Ulsoor Rising.

Criticising the BBMP for wasting tax-payers' money, HM Venkatesh of Naija Horatagarara Vedike said the engineer incharge for the development of the roadside drain should have taken measures to save the borewell.

"The problem with the BBMP engineers is the majority of them are not qualified to work in Bengaluru. Instead of taking measures to dig borewells at this juncture, the civic body would have taken the decision to dig borewells in December or January as the authorities are aware of monsoon deficit last year," said Venkatesh.

A resident of Srinagar said the borewell and water tank on Pipeline Road have become defunct long ago but the authorities did not take measures to repair the borewell.

The BBMP chief commissioner decided to dig up around 60 borewells in the city. Among them, 25 will be dug up in Rajarajeshwari Nagar, 16 at Mahadevapura, five at Bommanahalli, and three each at Yelahanka and Dasarahalli zones.

New sewage treatment plant rules

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The Government of Karnataka, in a notification issued on Tuesday, has revised rules around establishment of sewage treatment plants (STPs) in existing housing societies, apartment complexes, commercial construction projects, educational institutions and townships and area development projects.

As per the new notification, in areas with existing sewer lines and STP of local bodies, all residential societies, housing projects, and apartments with 120 units and above or generating sewage of 80 KLD and above will have to compulsorily install STP.

Commercial construction projects in such areas with a total built-up area of 5,000 square meters and above or generating sewage of 35 KLD will also be required to install STP.

In areas with existing sewer lines and STP of local bodies, educational institutions with or without hostel facilities having a t al built-up area of 5,000 square meters and above or generating sewage of 35 KLD and above must install STP. Township and area development projects with an area of 10 acres and above should comply with the norm.

When it comes to areas without sewer line and STP from local bodies, residential societies, housing projects, and apartments with 20 units and having a total built-up area of 2,000 square meters including basement should install STP. Commercial construction projects with a total buibuilt-upea of 2,000 square meters in such areas will have to install sewage treatment facilities. Educational institutions with or without hostel facilities having a total built-up area of 5,000 square meters shall install STP.

For township and area development projects, the requirement remains the same.

Establishments that have already installed STP units prior to this notification may continue to operate as per parameters prescribed by the Karnataka State Pollution Control Board (KSPCB) and should reuse/recycle or may discharge the sewage into the drainage system after obtaining permission from Bangalore Water Supply and Sewerage Board and with intimation to KSPCB.

Food colour ban: Hoteliers see red

Hotels association plans to give its feedback to govt, says decision not taken in consultation with them

Sridhar.Vivan
@timesgroup.com
TWEETS @sridharVMIRROR

The Health Department's ban on artificial colour while allowing eateries to continue dishing out gobhi manchurian, has not gone down as well as expected. Some hoteliers said the decision was not consultative.

Bruhat Bengaluru Hotels Association president PC Rao said, "The Health Minister has issued a statement concerning the use of colours for gobhi manchurian. It stipulates that all food additives complying with FSSAI Regulations/ISI Standards can utilise red, blue, green, and yellow colours within permissible limits. The directives released by the government lack rationality, and opposing guidelines are also irrational. Prior to making such scientific determinations, consultations with relevant manufacturers and users should have been conducted. We will provide comprehensive feedback to the government on this matter and engage in discussions with them in the upcoming days to rectify the situation."

Reacting to this, Health Minister Dinesh Gundu Rao said, that out of the 171 samples of gobhi manchurian collected, 107 were found to contain unsafe artificial colours such as tartrazine, sunset yellow, and carmoisine. "A circular has been issued, and awareness programs will be conducted. Strict legal action will be taken against violators, with further sample collection to support legal proceedings. The use of artificial colours in food products is prohibited under the Food Safety and Standards Act, 2006, and its regulations. Any violation will result in legal action, including imprisonment of five years to a life sentence and a fine of Rs 10 lakh."

> **"The use of artificial colours in food is prohibited under the Food Safety Act. Any violation will result in legal action...**
> –Dinesh Gundu Rao, Health Minister

Doctors also pointed to the perils of using artificial colours.

Dr. Muralidhar S Kathalagiri (Sparsh Hospital) said, "Food colourants may add vibrancy to our plates, but there are hidden dangers particularly when non approved colouring agents are used. These synthetic additives, often lurking in our favourite snacks and meals, can disrupt the harmony within our bodies. A food colouring agent Rhodamine B is often used in food which is harmful. Research suggests that these additives can trigger allergic reactions, hyperactivity in children, and may even contribute to long-term health issues like cancer and organ damage. Even though the colours look harmless on our plates, they're actually hiding harmful stuff that can throw off our body's balance and make one sick. It's recommended to avoid these chemicals and stick to natural colours and to colour's approved by FSSAI for our food to stay healthy."

Drug peddlers arrested

City police shed light on the efforts of the anti-narcotics wing in apprehending six drug peddlers of whom three are foreigners and three from other states over the last week. The operation led to the confiscation of illicit substances valued at 44,00,000. The haul included 54 grams of MDMA crystals, 410 grams of Hydro Ganja, and 18 kg of ganja. Additionally, authorities recovered four mobile phones and four electronic weighing machines.

Six suspects associated with a string of gold jewellery thefts were nabbed by the Kumaraswamy Layout police. Subsequent investigations revealed their involvement in eight theft cases in the same jurisdiction. Officers seized a total of 383 grams of gold chains worth 16,00,000.

The Kumaraswamy Layout Police Station also apprehended five individuals for the theft of laptops and chromebooks from a company. Further probe uncovered that two of the culprits were employed as laptop technicians at the same firm, while the remaining three were their associates. Authorities managed to recover 29 laptops from various companies and 59 chrome boxes valued at 16,00,000.

The JP Nagar Police Station detained three suspects connected to two house robbery cases on March 9. Recovered assets amounted to 28,00,000, including 414 grams of gold jewellery. —BMB

ADVERTORIAL

Pearson India launches its first Book Vending Machine for learners in Bengaluru

Bengaluru, 28 February 2024: Pearson India, the leading learning company, has unveiled its first book vending machine in India, marking a significant step towards reaching out to learners directly in the country. Through this initiative, Pearson India aims to provide easy access to a wide range of academic books, directly to the customers, enhancing their overall purchase experience. It has been installed at Pearson India's office on O Shaughnessy Road, Bengaluru and will be available for customers from today.

Through this initiative, Pearson India will offer a wide selection of the latest editions of learning and education books that are currently published by Pearson. Customers, including students and professionals, can make direct payment at the vending machine through UPI and purchase their desired book easily and conveniently, in less than 30 seconds. Over the next few months, Pearson India will set up more such vending machines across different parts of the country.

The book vending machine is stationed at the Pearson office, DivyaSree Chambers, Ground Floor, A Wing 11, O Shaughnessy Road, Bengaluru - 560025.

"It is our constant endeavour to enhance the accessibility of learning materials for our customers in India. There is an upward trend of students and learners buying reference material to prepare for their entrance exams and academic preparation in India. This book vending machine leverages the buying-on-the-go trend to capitalize on this market opportunity. We plan to expand this initiative in India by setting up more book vending machines across educational hubs in India that will create innovative touchpoints for consumers, who are looking for simple, easy and convenient ways of purchasing books. Given the versatility of BVMs in accommodating a diverse range of book genres, we see them as a new point-of-sale opportunity for Pearson in India. We are confident that the people of Bengaluru will appreciate and utilize this new facility by Pearson, to build on their lifelong learning journeys."

- Vinay Swamy, Country Head, Pearson India

Karnataka govt hikes DA for employees from 38.75% to 42.5%

The Karnataka government on Tuesday approved the revision of Dearness Allowance (DA) for state government employees from the existing 38.75 per cent to 42.5 per cent.

The announcement comes weeks before the Lok Sabha elections.

The DA will be revised from 46 per cent to 50 per cent for the employees drawing central pay scales, an official statement said.

"This change represents a significant financial commitment of Rs. 1792.71 crores every year, reaffirming our dedication to our employees," Chief Minister Siddaramaiah said on 'X'. **PTI**

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CHANGE OF NAME

I, Saurabh, S/o Late Brijraj Rai, R/o 383/1A, 1st Flr, Central Bank Building, Kempamma, Lyt, Hulimavu, BG Road, Bangalore- 560076, has changed my name to Saurabh Rai for all purposes and declares that my father's name was incorrectly written as Brijraj Ray in my educational documents, stating that my father actual name is Brijraj Rai.

I, Vikram Ramesh Kumar Jain R/o No.201, 2nd floor, SS temple road, VV Puram, Bengaluru 560004 have changed my name to Vikram Ramesh Jain affidavit Dt.12/03/2024 notary Harisha G, B'luru

I, R Megha Jain W/o, Naman Jain R/o The Gardens H-502 Snowdrop Block No.9 Kp Agrahara, Main Magadi Road, Bangalore - 560023 have changed my name to Megha Jain R for all purposes.

I, T Saravan Kumar Reddy s/o T Bhaskar Reddy R/o Shriram Green Field Apts, Tower -C, Flat.C-1302, Old Madras Rd, Bommenahalli, B'luru 560049 have changed my name to SRAVAN KUMAR REDDY TIPPULAREDDY affidavit Dt.12/03/2024 notary Harisha G, B'luru

I, Manjunatha Lakkanahalli Makkalaiah S/o. Makkalaiah, R/at Lakkanahalli Village, Kallembella hobli/Post Sira Taluk, Tumkur District 572125. I have changed my name to Manjunath Lakkanahalli Makkalaiah vide affidavit dated 09.03.2024 sworn before notary V. Rangaramu, B'lore.

I, Vidhya Vellore Sukumar, W/o. Subramaniam Gopalakrishna, R/at Krishna Nivas, No.13, Cornwell Road, Langford Town, Bengaluru 560025, have changed my name to VIDHYA SUBRAMANIAM vide Affidavit Dated: 12/03/2024 sworn before Notary S.I.Balaguru, Bengaluru

ABHISHEK Kumar, # 217, 3rd Floor, C-Block, SSVR Urban Flora, immidihali, Kaithota, Whitefield, Bangalore, 560066, Have changed my minor son's name From Ecchit Kumar To Ecchit Kumar Singh for all furlture purposes

I, Harshitha Uttam Chand w/o Manish K Kothari R/o No- H 63/9 2nd A Main Road, Nagappa block, Srirampura, Bengaluru 560021 have changed my name to HARSHITA KOTHARI affidavit Dt.12/03/2024 notary Harisha G, B'luru

I Rajesha H J S/O, H Janardhana Kamath R/o Akshaya, # 13, 2nd Floor, 7th Cross, Hosakerehalli Main Road, Ganapathi Nagar, B\'lore - 560 026, changed my name to Hebri Janardhana Kamath Rajesha, by affidavit dt. 01-03-2024 Notary by A V Anvekar.

I, ARAVIND. N S/o Nagaraj. C Residing at No 203/1, BAB Nagar, 1st Cross, Dwaraka Nagar, Bagalur Main Road, AF Station, Yelahanka, Bangalore North 560063. Have Changed My Minor Son Name From LOHITH. A To LOCHAN PREETH. A Vide affidavit Dated: 12/03/2024 Sworn Before Notary L.B.Anasuyamma Bangalore

I, Sathyavathi W/o. Gorlapudi Mallikarjuna, R/at No. 5, 1st Cross, 2nd Stage, Vinayaka Layout, Hebbal Kempapura, Bengaluru 560024. I have changed my name to Gorlapudi Sathyavathi vide affidavit dated 09.03.2024 sworn before notary V. Rangaramu, B'lore.

I Neeta Jagdish Nayak W/O, Jagdish Pandurang Nayak R/o 903, Maurishka Towers, Bendoor Road, Mallikatte, Mangalore, Kankanady, Dakshina Kannada, Karnataka-575002 have changed my name to Rohini Jagdish Nayak.

I, Vadiraj Patil S/o Narayan R/at Plot no. 2428, Haripriya, Sector 12, Mahantesh Nagar, Belagavi city 590016. I have changed my name to Vadiraj Narayan Patil vide affidavit dated 09.03.2024 sworn before notary V. Rangaramu, B'lore.

I, Humara Anjum W/o Syed Waseem A S # 319, 1st Main 5th Cross Dargha Mohalla Vijinapura Doorvaninagar B'lore-560016, Have Changed my name to Humera Anjum For All Purposes

I, Ravikumara M R/o No.17/1 3rd flr 5th cross Kattriguppe, BSK 3rd stage, Bengaluru 560085 have changed my name to Ravikumar M Affidavit Dt.12/03/2024 notary Harisha G, B'luru

I, Vrishank Vasist Hiremath S/o, Jagadish J R/o 95, Srishaila, Upkar Springfield, Neralur, Bengaluru, Karnataka have changed my name to Vrishank J Vasist for all purposes.

I Fouzia Ashraff W/o Mohammad Ashraff K M R/o 3-205/3 Gandhinagar marpady village Moodbidri Taluk Dakshina Kannada Karnataka-574227 have changed my name to Haleema Fouzia for all purposes

I, Surabhi Bhargav residing at Flat-205, Perls Paradise Aprt, Basavasamithi Layout, Vidyaranyapura, Bengaluru - 560097 have changed my name to Surabhi K P vide affidavit dated sworn before Notary N.Mahesha Bangalore

I Chetana Rao W/O, Srikanth Marutheesha R/o N0-49,sri Shirdi Sai Nivasa,1st Cross,sai Gardens,srinidhi Layout, vidyaranyapura, bengaluru-560097 have changed my name to Chetana Sudhir Rao.

GENERAL

ANNOUNCEMENT
Ferns City Plot Owners Association will hold the EGM on 31.03.2024 (Sunday) at 9.00am. Venue: Ferns City Residential Club, Doddanakkundi, Bangalore 560037. For any further information please contact 9448201153
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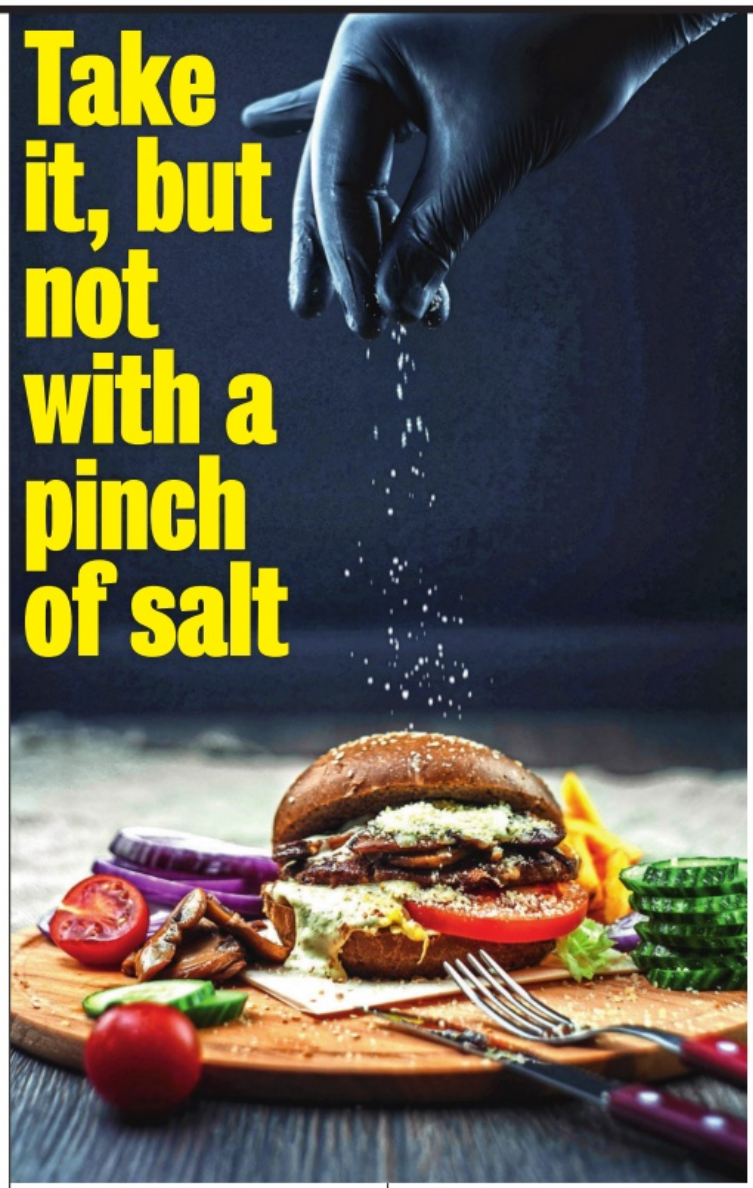
Salty foods are making people sick – in part by poisoning their microbiomes

Take it, but not with a pinch of salt



People have been using salt since the dawn of civilisation to process, preserve and enhance foods. In ancient Rome, salt was so central to commerce that soldiers were paid their "salarium," or salaries, in salt, for instance.

Salt's value was in part as a food preservative, keeping unwanted microbes at bay while allowing desired ones to grow. It was this remarkable ability to regulate bacterial growth that likely helped spark the development of fermented foods ranging from sauerkraut to salami, olives to bread, cheese to kimchi.

Today, salt has become ubiquitous and highly concentrated in increasingly processed diets. The evidence has mounted that too much salt – specifically the sodium chloride added to preserve and enhance the flavor of many highly processed foods – is making people sick. It can cause high blood pressure and contribute to heart attacks and stroke. It is also associated with an increased risk of developing stomach and colon cancer, Ménière's disease, osteoporosis and obesity.

How might a substance previously thought worth its weight in gold have transformed into something many medical institutions consider a key predictor of disease?

Salt lobbyists may be one answer to this question. And as a gastroenterologist and research scientist at the University of Washington, I want to share the mounting evidence that microbes from the shadows of your gut might also shed some light on how salt contributes to disease.

Blood pressure cookers

Sodium's role in blood pressure and heart disease results largely from its regulating the amount of water inside your blood vessels. In simple terms, the more sodium in your blood, the more water it pulls into your blood vessels. This leads to higher blood pressure and subsequently an increased risk for heart attack and stroke. Some people may be more or less sensitive to the effects salt has on blood pressure.

Recent research suggests an additional way salt may raise blood pressure – by altering your gut microbiome. Salt leads to a decrease in healthy microbes and the key metabolites they produce from fiber. These metabolites decrease inflammation in blood vessels and keep them relaxed, contributing to reduced blood pressure.

With the exception of certain organisms that thrive in salt called halophiles, high levels of salt can poison just about any microbe, even ones your body wants to keep around. This is why people have been using salt for a long time to preserve food and keep unwanted bacteria away.

But modern diets often have too much sodium. According to the World Health Organization, healthy consumption amounts to less than 2,000 milligrams per day for the average adult. The global mean intake of 4,310 milligrams of sodium has likely increased the amount of salt in the gut over healthy levels.

Salt of the girth

Sodium is connected to health outcomes other than blood pressure, and your microbiome may be playing a role here, too.

High sodium diets and higher sodium levels in stool are significantly linked to metabolic disorders, including elevated blood sugar, fatty liver disease and weight gain. In fact, one study estimated that for every one gram per day increase in dietary sodium, there is a 15% increased risk of obesity.

A gold-standard dietary study from the National Institutes of Health found that those on a diet of ultra processed foods over two weeks ate about 500 more calories and weighed about 2 pounds more compared with those on a minimally processed diet. One of the biggest differences between the two diets was the extra 1.2 grams of sodium consumed with the ultra processed diets.

A leading explanation for why increased salt may lead to weight gain despite having no calories is that sodium increases cravings. When sodium is combined with simple sugars and unhealthy fats, these so-called hyperpalatable foods may be linked to fat gain, as they are particularly good at stimulating the reward centers in the brain and addiction like eating behaviors.

Salt may also connect to cravings via a short circuit in the gut microbiome. Microbiome metabolites stimulate the release of a natural version of weight loss drugs Wegovy and Ozempic, the gut hormone GLP-1. Through GLP-1, a healthy microbiome can control your appetite, blood sugar levels and your body's decision to burn or store energy as fat. Too much salt may interfere with its release.

Other explanations for salt's effect on metabolic disease, with varying amounts of evidence, include increased sugar absorption, increased gut-derived corticosteroids and a sugar called fructose that can lead to fat accumulation and decreases in energy use for heat production.

Desalin-nations

While many countries are implementing national salt reduction initiatives, sodium consumption in most parts of the world remains on the rise. Dietary salt reduction in the United States in particular remains behind the curve, while many European countries have started to see benefits such as lower blood pressure and fewer deaths from heart disease through initiatives like improved package labeling of salt content, reformulating foods to limit salt and even salt taxes.

Comparing the nutrition facts of fast-food items between countries reveals considerable variability. For instance, McDonald's chicken nuggets are saltiest in the U.S. and even American Coke contains salt, an ingredient it lacks in other countries.

The salt industry in the U.S may have a role here. It lobbied to prevent government regulations on salt in the 2010s, not dissimilar from what the tobacco industry did with cigarettes in the 1980s. Salty foods sell well. One of the key voices of the salt industry for many years, the now-defunct Salt Institute, may have confused public health messaging around the importance of salt reduction by emphasizing the less common instances where restriction can be dangerous.

But the evidence for reducing salt in the general diet is mounting, and institutions are responding. In 2021, the U.S. Department of Agriculture issued new industry guidance calling for a voluntary gradual reduction of salt in commercially processed and prepared foods. The Salt Institute dissolved in 2019. Other organizations such as the American Frozen Food Institute and major ingredient suppliers such as Cargill are on board with lowering dietary salt.

From add-vice to advice

How can you feed your gut microbiome well while being mindful of your salt intake?

Start with limiting your consumption of highly processed foods: salty meats (such as fast food and cured meat), salty treats (such as crackers and chips) and salty sneaks (such as soft drinks, condiments and breads). Up to 70% of dietary salt in the U.S. is currently consumed from packaged and processed foods.

Instead, focus on foods low in added sodium and sugar and high in potassium and fiber, such as unprocessed, plant-based foods: beans, nuts, seeds, whole grains, fruits and vegetables. Fermented foods, though often high in sodium, may also be a healthier option due to high levels of short-chain fatty acids, fiber, polyphenols and potassium.

Finally, consider the balance of dietary sodium and potassium. While sodium helps keep fluid in your blood vessels, potassium helps keep fluid in your cells. Dietary sodium and potassium are best consumed in balanced ratios.

While all advice is best taken with a grain of salt, your microbiome gently asks that it just not be large.

Christopher Damman, University of Washington, The Conversation

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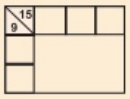
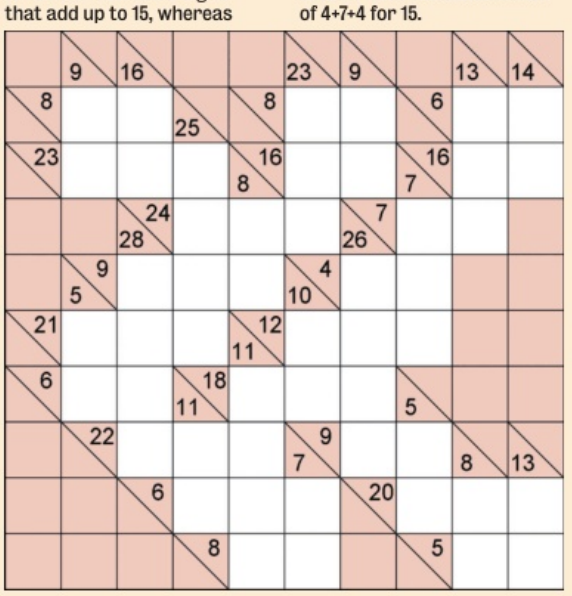
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas



for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



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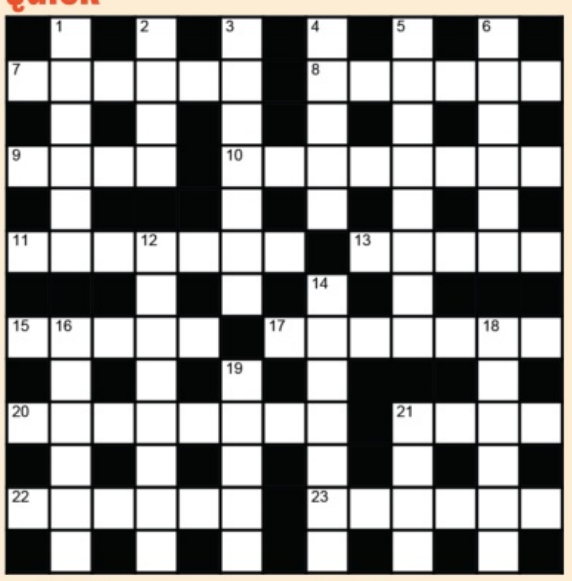


ACROSS

7 Forces out (6)
8 Not go to bed (4,2)
9 Growl – "rang" anagram ? (4)
10 Bidding, commanding or ruling (8)
11 Like a pig (7)
13 Lifeless or static (5)
15 Of superior aptitudes (5)
17 Studies again (2-5)
20 Area popular with shoppers (8)
21 Unruly child (4)
22 Assumed name (6)
23 Idea, concept (6)

DOWN

1 Nonetheless (4,2)
2 Wound mark (4)
3 Surprise very much! (7)
4 Apart or aloof, distant (5)
5 Sons and Lovers author D. H. ____ (8)
6 Artillery soldier? (6)
12 Moon shape (8)
14 Examining or trying (7)
16 At the back (6)
18 Mythical monster (6)
19 Foam or froth (5)
21 Cut with the teeth (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: O EQUALS C

E'IY WYUABYP DVUD CRG OUB'D VUIY YIYACDVEBL UBP PR YIYACDVEBL UD DVY XUSY DESY.

Linemaro

Put down that cupcake, you are sweet enough already

Mindchow

A man is never more truthful than when he acknowledges himself a liar

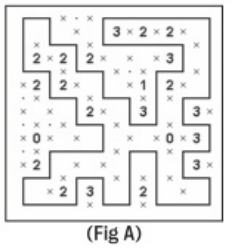
Joke of the day

Assassins are impressive. Its not the killing part that impresses me; it's that they figured out a way to fit "ass" into the same word twice

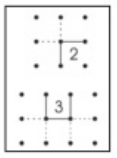
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

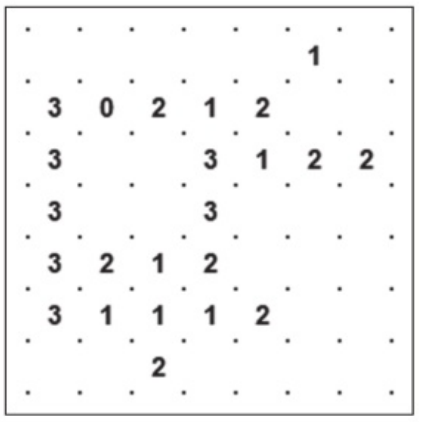


(Fig B) Not Allowed

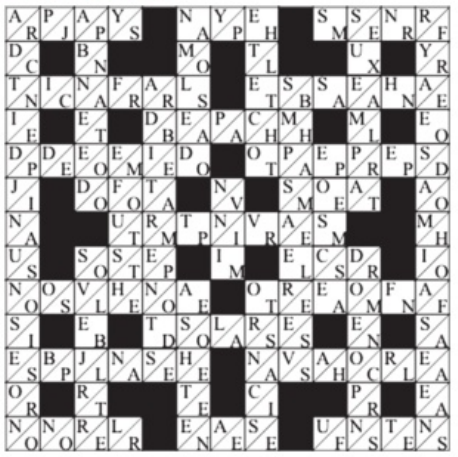
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



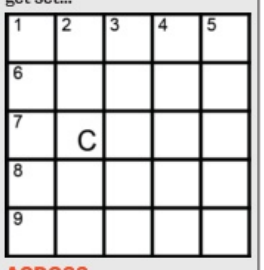
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

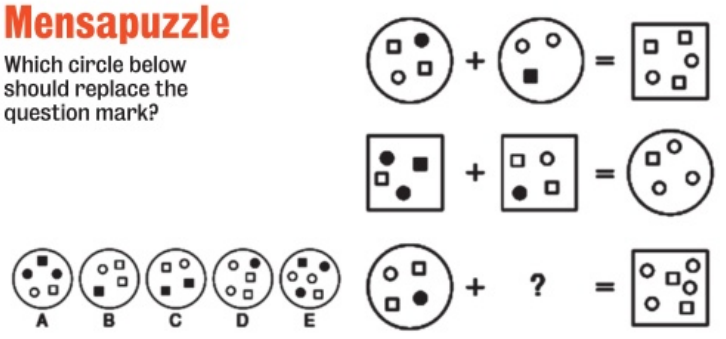
1 SS Cab; 6 Melon; 7 I a car; 8 Is ABC; 9 Licks

DOWN

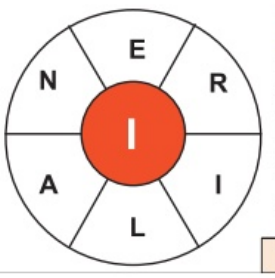
1 SS Lab; 2 Lace C; 3 Masai; 4 Bi cor; 5 Nicks

Mensapuzzle

Which circle below should replace the question mark?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

11 Average; **13** Good; **15** Outstanding

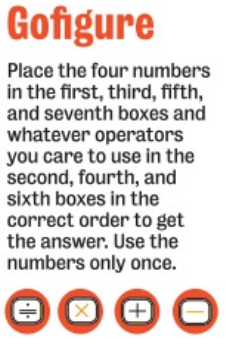
SudokuChallenge

	3			1			6	
			2		4			
	1	5	8		3	2	4	
		2	5		6	7		
		1				6		
		7	9		1	8		
	7	8	1		9	3	5	
			3		8			
	4			2			8	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy = 4
3 3 4 8

Medium = 36
2 3 7 9

Hard = 6
2 6 9 5

Hocusfocus

Find at least six differences in details between panels.

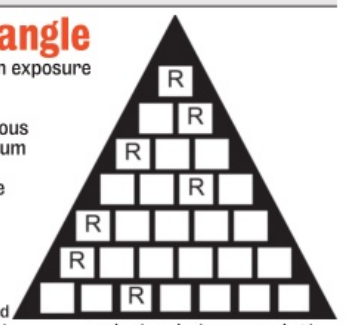
Differences: 1. Shovel handle is longer. 2. Bush is larger. 3. Cap is different. 4. Arm is shorter. 5. Pocket is added. 6. Snow on part of fence is missing.

Riddler

What three letters follow these six in sequence?
W T L F T S

Alpha triangle

1 A unit of radiation exposure
2 Infra-red abbr
3 Free (of)
4 Dreadful or ominous
5 Contract addendum
6 Marauder
7 Conveyed or bore



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

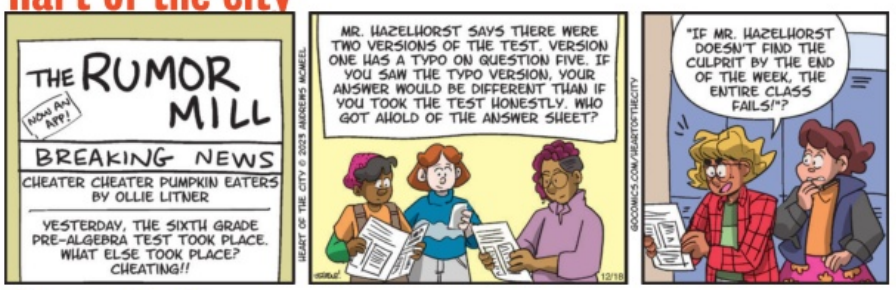
Popeye

WHY DID YOU HIT THAT STRANGER?
HE ASKED ME A QUESTION!
HE WANTED TA KNOW IF YOU WAS AN EXAMPLE OF THIS TOWN'S WOMINGS!
I SAID YA SURE WAS, AN' HE SAID HE WAS MOVIN' ON!
WHAT A TOWN!
POW!
ARF ARF!

Bizarrotrip

Diamond Lil

Hart of the city


THE RUMOR MILL
Now An App!
BREAKING NEWS
CHEATER CHEATER PUMPKIN EATERS BY OLLIE LITNER
YESTERDAY, THE SIXTH GRADE PRE-ALGEBRA TEST TOOK PLACE. WHAT ELSE TOOK PLACE? CHEATING!!
MR. HAZELHORST SAYS THERE WERE TWO VERSIONS OF THE TEST. VERSION ONE HAS A TYPO ON QUESTION FIVE. IF YOU SAW THE TYPO VERSION, YOUR ANSWER WOULD BE DIFFERENT THAN IF YOU TOOK THE TEST HONESTLY. WHO GOT AHOLD OF THE ANSWER SHEET?
"IF MR. HAZELHORST DOESN'T FIND THE CULPRIT BY THE END OF THE WEEK, THE ENTIRE CLASS FAILS!"?
HEART OF THE CITY © 2023 ANDREWS MCMEEL
GOCOMICS.COM/HEARTOFTHECITY

Crankshaft

WELL, MIN... IT LOOKS LIKE WE'RE ALL SET...
WE'RE EITHER GOING TO BE A BIG SUCCESS...
OR WE'RE GOING TO LOSE OUR APRONS!
I WONDER IF THIS IS HOW ELON MUSK FELT WHEN HE BOUGHT TWITTER?
BATIUK & DAVIS tombatiuk.com/books
© 2023 Mediaphics, Inc. Dist. by Andrews McMeel Syndication

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may feel happy. Chronic health issues related to family members might take longer to be cured. There is a higher chance of increased liquidity in the business as money that was stuck may be recovered now. People who are working may get some incentives, which will improve their financial health. Job seekers may get a job with the help of a relative or a friend's reference. Students may get some help from their friends in terms of academics.

Taurus Apr 21 – May 20
Today, you are likely to use your creativity to renovate your house or office. Your focus on your goals may be good. Overworking may tire your mind, which can create anxiety, restlessness, and stress, in turn affecting your domestic life. Students are advised to avoid fantasy in their studies and to make a proper timetable for their studies and follow it with the help of willpower.

Gemini May 21 – Jun 21
Today, you may be impatient, which may reflect on your way of working. There may be some silly mistakes, which may tend to make your project incomplete. You may be able to focus better at work in the evening. It is advisable to postpone your investments in fixed assets for a few days. But with the help of destiny, you may overcome a messy situation.

Cancer Jun 22 – July 23
Today, you may hear good news from your siblings. You may spend your time with family and friends. With the help of creativity, you may plan to renovate your house or office. You may start new partnerships with family members, which will be beneficial in the near future. Your subordinates at the office may help you in terms of the project.

Leo Jul 24 – Aug 23
Today, you may be blessed by the moon. You may plan to renovate your office or house. You are advised to spend within your budget; otherwise, it may affect your savings. Your straightforwardness may affect your relationship with your loved ones, so it is suggested that you think twice before speaking. You may also have teeth, throat, ear, or nose-related issues.

Virgo Aug 24 – Sep 23
Today, you may feel happy and at peace. You may work efficiently in your professional life, and your subordinates may cooperate with you to make some important business decisions. You may plan to start some new venture with the help of your siblings and network, which may be beneficial to the growth of your business. It is advised to take proper rest to maintain your enthusiasm.

Libra Sep 24 – Oct 22
Today, you may have detachment from your responsibilities. You may also expend more on purchasing worthless stuff, which may increase negativity in the house or office. You are advised to keep an eye on your opponents and rivals; otherwise, you may be a victim of a conspiracy. It is advised to read documents carefully before you sign them.

Scorpio Oct 23 – Nov 22
Today, you may enjoy your family and professional life. You may become polite with the people around you, which may help in the smooth completion of your work. You may find some new sources of earnings, which may boost your savings. You may also plan to renovate your house or office. Natives who are in jobs may get promotions.

Sagittarius Nov 23 – Dec 22
Today, you may be busy at work, but your wisdom may help you make the right decisions in terms of business growth. You are likely to get a big order, which may expend your work. You may utilise your creativity to renovate your home or office, which may improve your social status. You may invest in some creative assets as well.

Capricorn Dec 23 – Jan 20
Today, you are blessed by the moon. With patience, you may face all the challenges at work. You may plan a short work-related trip where you may get help from your siblings and subordinates, which will enhance your social network. Job seekers are advised to use their network to find a suitable job.

Aquarius Jan 21 – Feb 19
Today, you may have some health-related issues; lack of sleeplessness may make you arrogant. You are advised to avoid making arguments at work and at home to avoid messy situations. You may also be attracted to the occult. You may find yourself in the self-analysis stage, but somehow your good karma may help you come out of this messy situation.

Pisces Feb 20 – Mar 20
Today, you may plan to renovate your house. You may buy some artefacts or creative stuff that will improve your social status. You may also invest in properties and other assets. You are likely to enjoy your romantic moments with your spouse, which will increase your emotional relationship with them. Singles may find a soul mate. Lovebirds may make some important decisions in terms of marriage.

KIDZONE

Niyati Kumari Kedia, 5 Years, Baldwin Girls High School

S Tanmayi, 8 Years, New Cambridge English School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
$\sqrt{0.25}-1 + \sqrt{0.25}/0.01$
$= 1/0.5 + 0.5/0.1$
$= (1 \times 0.1)+(0.5\times0.5)/(0.5\times0.1)$
$= 0.1 + 0.25/0.05$
$= 0.35/0.05 = 7$

RIDDLER
I, T and S. Each letter is the first letter of a word in the question "What three letters follow these six in this sequence?"

S	C	A	B	S
L	E	M	O	N
A	C	A	R	I
B	A	S	I	C
S	L	I	C	K

BULL'S EYE
AIRLINE, alien, lain, liar, liar, lien, line, linear, liner, lira, nail, rail, rain, rein, rile

FAST FIVE

S	C	A	B	S
L	E	M	O	N
A	C	A	R	I
B	A	S	I	C
S	L	I	C	K

STRIKE OUT

A	J	A	V	Y	N	V	E	S	E	R	F			
C	B	O	L		X	R								
T	I	A	R	A	S		E	S	S	E	N	E		
E	T	B	E	A	C	H	M	E						
D	E	E	M	E	D	T	A	P	P	E	D			
I		D	O	T		V	M	O	T	O				
N		U	M	P	I	R	E	S		M				
U		S	S	E	I		L	S	D	O				
N	O	V	E	N	A		T	E	O	F	F			
I		E		T	S	A	R	S		N		S		
S	P	L	A	S	H		A	S	H	O	R	E		
I		E		T								S		
O		T		E		C		R		A				
N	O	T	I	O	N									

QUICK

		E	S		A		A	L		G				
		D		T		E			G		E		N	
A	N		N		W		M		N	O	T	I	O	N
	I		E		U			I		I		G		
C	H	I	C	K	P	E	T		B	R	A	T		
	E		S		S						R			
A	B	L	E	R		R	E	R	E	A	D	S		
P	O	R	C	I	N	E		I	N	E	R	T		
	S			U		E		E				E		
G	N	A	R		O	R	D	E	R	I	N	G		
E	V	I	C	T	S		S	T	A	V	U	P		
	E		A		T		I		W		N			
	S	E	S	S	E	N	E							

ALPHA TRIANGLE
R, In, Rid, Dire, Rider, Raider, Carried.

GO FIGURE
Easy
$3 \times 9 + 2 + 7 = 36$
Medium
$5 - 4 + 8 - 3 = 4$
Hard
$9 + 5 - 6 - 2 = 6$

QUOTE UNCODE
I've learned that you can't have everything and do everything at the same time.

MENSA PUZZLE
8: ignore black symbols as they are not carried forward to the final circle. All white symbols are carried forward, however, circles change to squares and vice versa.

SUDOKU

2	3	4	7	1	5	9	6	8
7	8	6	2	9	4	5	3	1
9	1	5	8	6	3	2	4	7
3	9	2	5	8	6	7	1	4
4	6	7	9	3	1	8	2	5
8	5	1	4	7	2	6	9	3
6	7	8	1	4	9	3	5	2
1	2	9	3	5	8	4	7	6
5	4	3	6	2	7	1	8	9

LOOP

KAKURO

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 # The GOAT
Music maestro AR Rahman has expressed his deep joy working with director Blessy, whose latest venture 'The Goat Life' is all set to hit the theatres

TWO TRICKY

Sara reveals how difficult it can get to play 2 different roles at same time

Sara Ali Khan is getting ready for the release of two OTT films, 'Murder Mubarak' on March 15 and 'Ae Watan Mere Watan' on March 21. She plays different roles in each movie and shoots for them at the same time. Sara, busy promoting the films, recently talked about the challenge of filming two projects with different characters simultaneously, calling it tricky.

In an interview with Bollywood Hungama, Sara Ali Khan discussed balancing two projects 'Murder Mubarak' and 'Ae Watan Mere Watan'.

Speaking about her experience working with director Homi Adajania for 'Murder Mubarak' and how the film came to her at a crucial point in her career, she said, "It was so amazing to work with Homi Adajania and this cast because I got to discover so much about myself. I also think this film came to me at an important time in my life when it was very important for me to understand, unlearn."

Additionally, she mentioned how the film offered her with a character that she hadn't portrayed before, she said, " "I think I am quite comfortable, and I find these rooted characters that I have played and gotten love for before quite intrinsic to the person that I am. I haven't played an urban, glamorous character before. It was interesting to be able to do something like that because one has done slightly rooted characters before."

Discussing the challenge of portraying two distinct characters at the same time, Sara shared, "They have nothing in common, not even me. It was very important for us to not come with any preconceived notions because this world, this set-up, this character is new to anything I have done before. It was important for me to come in there, trust him, trust myself, and follow my instincts as opposed to anything I have done previously. But juggling this and 'Ae Watan Mere Watan' was definitely tricky."

Sara Ali Khan's upcoming film, 'Murder Mubarak,' is a mystery thriller directed by Homi Adajania. Alongside Sara Ali Khan, the cast includes Karisma Kapoor, Pankaj Tripathi, Vijay Varma, Tisca Chopra, and others. The movie is set to premiere on Netflix on March 15, 2024.

'Ae Watan Mere Watan' is a film set in the preIndependence era, where Sara portrays the role of freedom fighter Usha Mehta. Directed by Kannan Iyer, the cast also includes Emraan Hashmi, Anand Tiwari, and others. This upcoming film is scheduled to premiere on Prime Video on March 21."

—ETimes

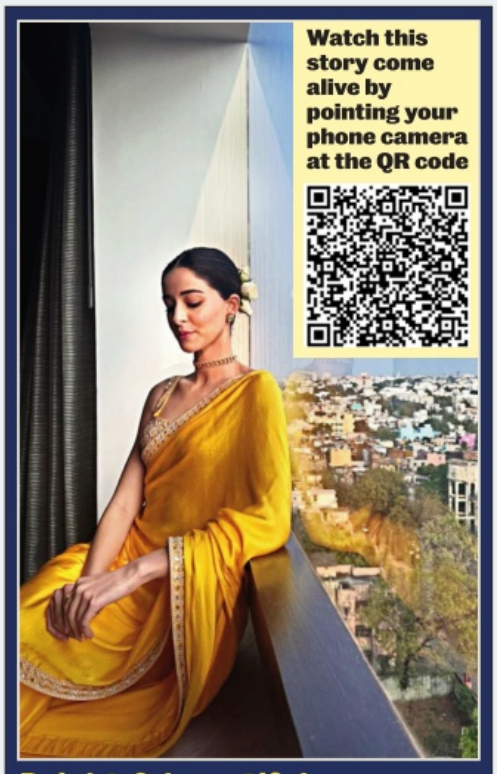
No confusion

The Oscar-winning actress Michelle Yeoh has issued a clarification on what led to the confusion between her and 'Poor Things' actress Emma Stone at the 96th Oscars stage, when the latter won the Best Actress honour.

Michelle along with past Oscar winners Jennifer Lawrence, Charlize Theron, Sally Field, and Jessica Lange were on hand to present the award. Michelle handed Emma Stone's Oscar statuette to Jennifer Lawrence on the stage causing confusion.

As Emma walked onto the stage, she told the women that her gown had ripped before walking over to Michelle, who was holding the statuette. As per 'People', Michelle, still holding the Oscar, walked over to Lawrence, who took it from her hands and presented it to Emma. Michelle wrote: "Congratulations Emma! I confused you, but I wanted to share that glorious moment of handing over Oscar to you together with your best friend Jennifer!! She reminded me of my Bae Jamie Lee Curtis, always there for each other."

—IANS



Watch this story come alive by pointing your phone camera at the QR code

Bright & beautiful
Ananya Panday looks like a ray of sunshine in a bright yellow saree

Childhood trauma

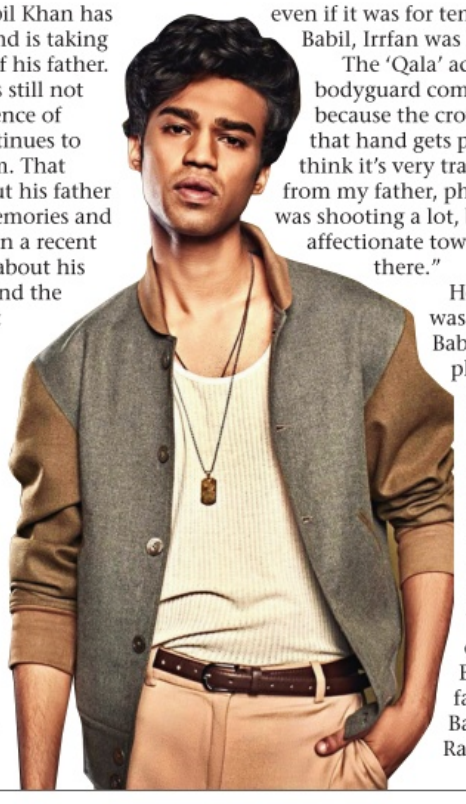
Irrfan Khan's son Babil Khan has joined the movies and is taking forward the legacy of his father. But clearly, Babil has still not gotten used to the absence of his late father and continues to be very attached to him. That reflects as he talks about his father often, thus, sharing memories and anecdotes about him. In a recent interview, Babil spoke about his traumatic experience and the feeling of being distant from his father.

He said during a chat that he would feel very distant from his father and that feeling was not good. He said during a chat with MensXP that fame was the reason he would end up being distant from his father as a child. There was a crowd that would pull him away and his father would leave his hand. It was hurtful for him even if it was for ten minutes because for Babil, Irrfan was his whole world.

The 'Qala' actor said, "So when a bodyguard comes and takes him away because the crowd is rushing to him and that hand gets pulled away, for the child, I think it's very traumatic. I had distance from my father, physical distance because he was shooting a lot, but he was very affectionate towards me when he was there."

He further revealed that it was due to this insecurity that Babil has become a people pleaser and has abandonment issues. Babil has these abandonment issues as he would spend 15 days with his father who was his best friend as well and then suddenly he would go to shoot for months. This is the issue he faced being a famous person's child but other than that, Babil calls Irrfan the best father. On the work front, Babil was last seen in 'The Railway Men'.

—ETimes



SANDALWOOD SHOTS
Y MAHESWARA REDDY

Techie life

Switch case is the term used when a software engineer quits one firm and joins another company. A few techies joined hands to make a Kannada movie Switch { Case N:. The movie's trailer was launched on Thursday. Chetan Shetty, a software engineer, has written the script, screenplay, dialogues, and lyrics for the movie apart from directing it. Shetty debuts as a director with this film

"I learnt the nuances of handling the megaphone by watching movies all these years. My dream was to direct a suspense thriller but I decided to postpone it as many such movies are being made," says Shetty. It is said the movie is based on incidents that take place at software companies. "I want to showcase the working conditions here," the director said.

He said that he organised a three-month workshop for the cast. "The workshop has helped the cast to hone their acting skills," the director said.

Devotional mood

Director Purushotham, known for helming devotional movies, is excited about the completion of shooting of his latest movie Gange Gowri. Its teaser was released at Renukamba Preview Theater recently. Prominent personalities of Sandalwood including Kannada Movie Directors' Association president NRK Vishwanath, senior photographer KN Nagesh Kumar and Namma Karnataka Sene state president Basavaraj Padakote attended the event.

"It is my 27th movie as a director and most of my movies are devotion-oriented. My objective is to make more movies to create awareness among the moviegoers about our puranas and Vedas. As of now majority of Kannada movies are based on violence and crime. Not many directors are helming devotional movies," said Purushotham.

The director said he was lucky to get producers who bankroll movies not to earn money but to convey a message to society. Gange Gowri is the 333rd movie for Ganesh Rao Kesarkar as an actor. He plays Lord Shiva. Madhu Karthik and Prajwal are bankrolling the film.